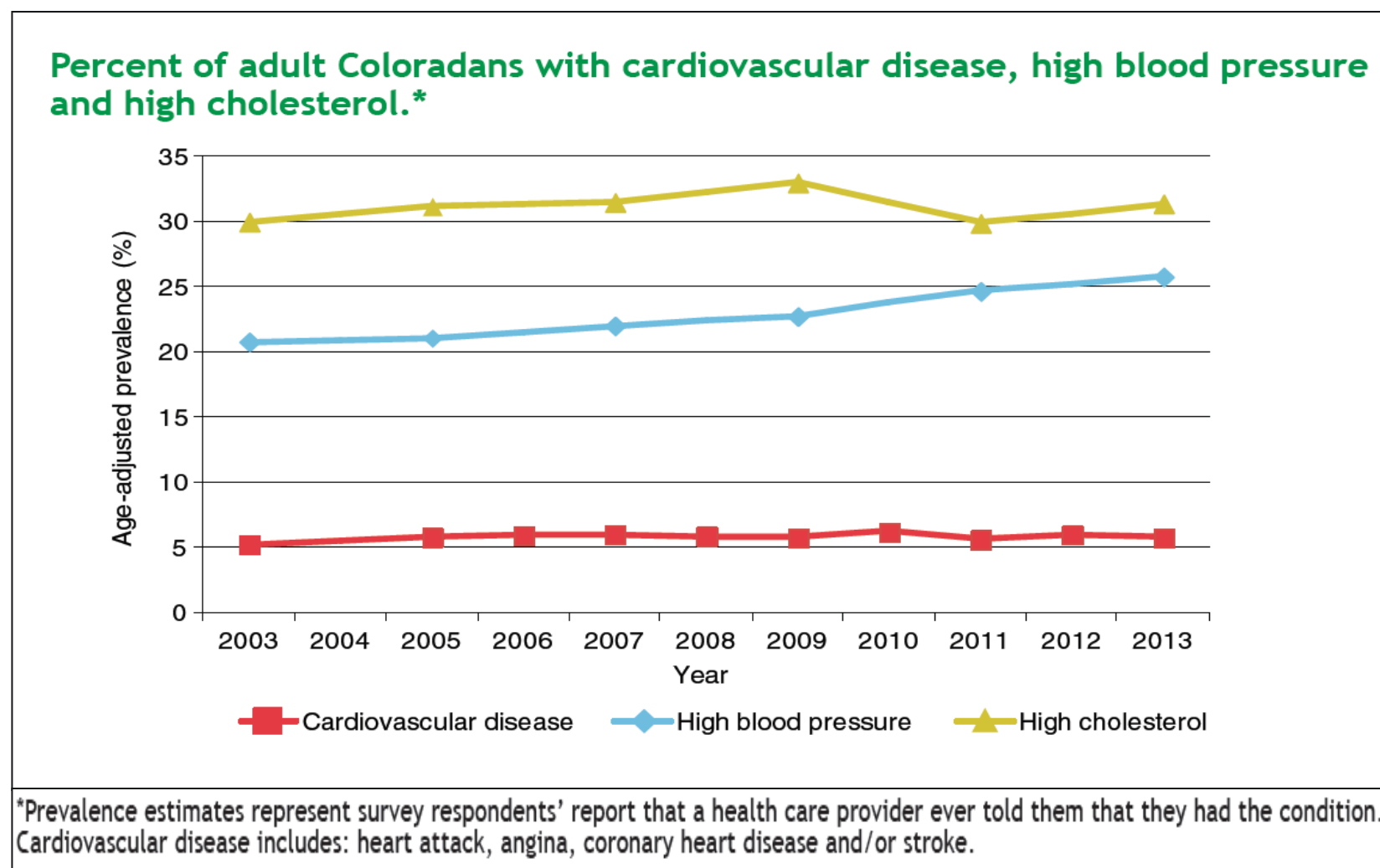


Cardiovascular Disease and Related Risk Factors in Colorado



Slides from the chronic disease factsheet
series

Prevalence of Cardiovascular Disease, High Blood Pressure and High Cholesterol in Colorado, 2003-2013



Data source: Colorado Behavioral Risk Factor Surveillance System.

Over the past decade the prevalence of high blood pressure increased significantly from 21% to 26%. High cholesterol and cardiovascular disease did not change significantly over the same time period.

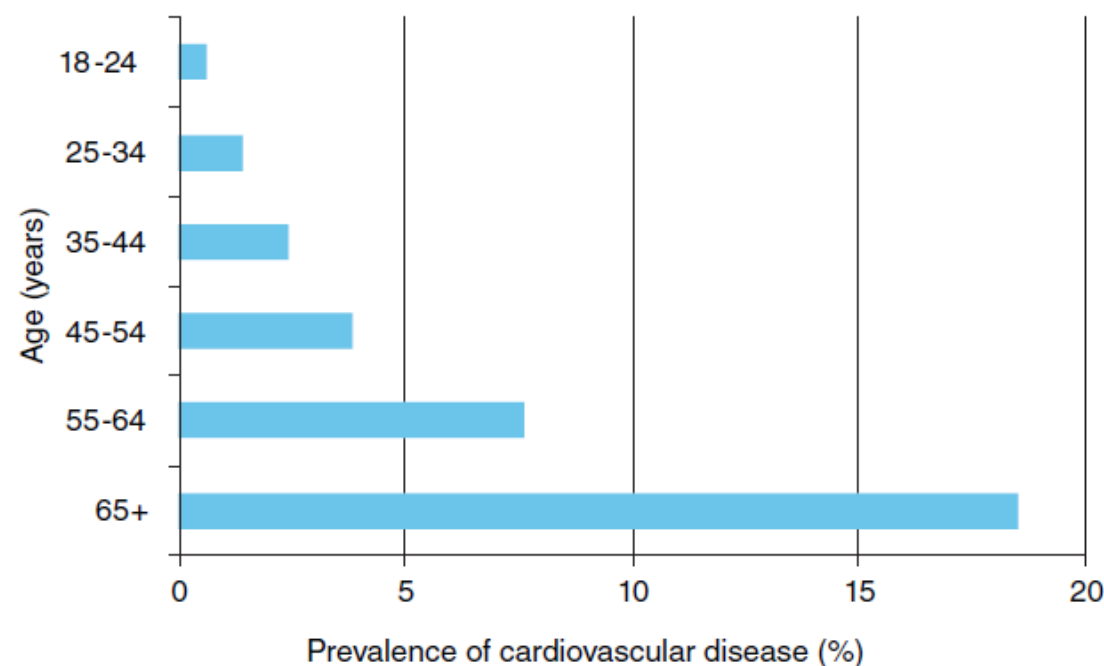


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in Colorado

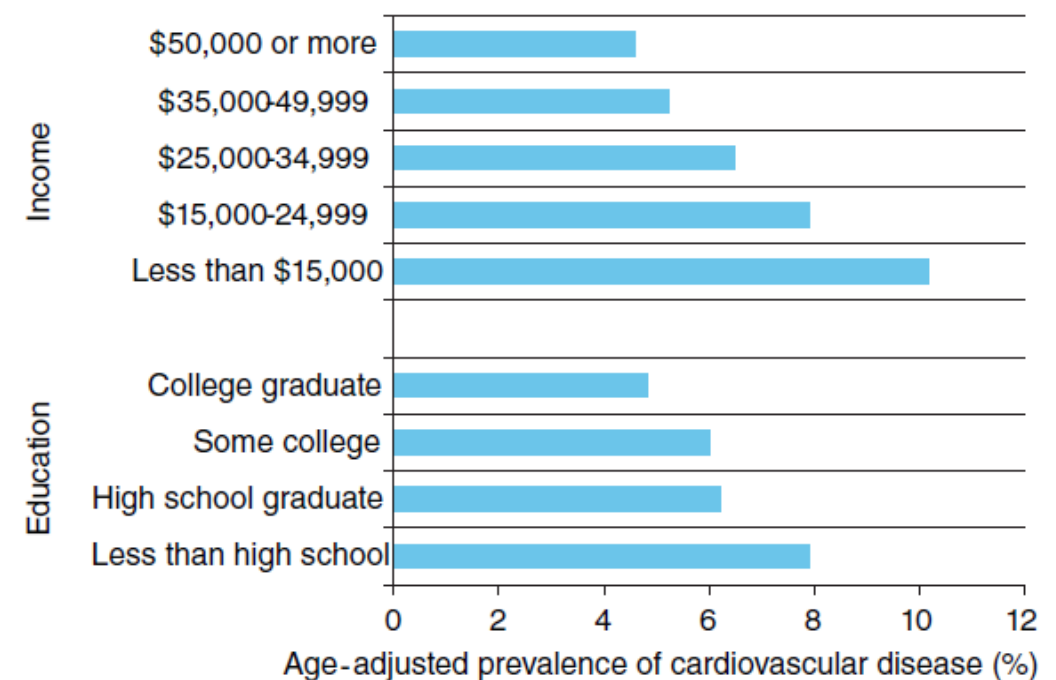
Cardiovascular Disease Demographic Disparities

- Cardiovascular disease (CVD) is more common among males, older adults, adults with lower socioeconomic status, less education, and among gay, lesbian or bisexual adults.
- Differences between race/ethnicity were not observed for CVD, but Black Coloradans had the highest prevalence of high blood pressure while Hispanic Coloradans had the highest prevalence of high cholesterol.

Percent of adult Coloradans with cardiovascular disease by age, 2013.



Percent of adult Coloradans with cardiovascular disease by income and education, 2013.



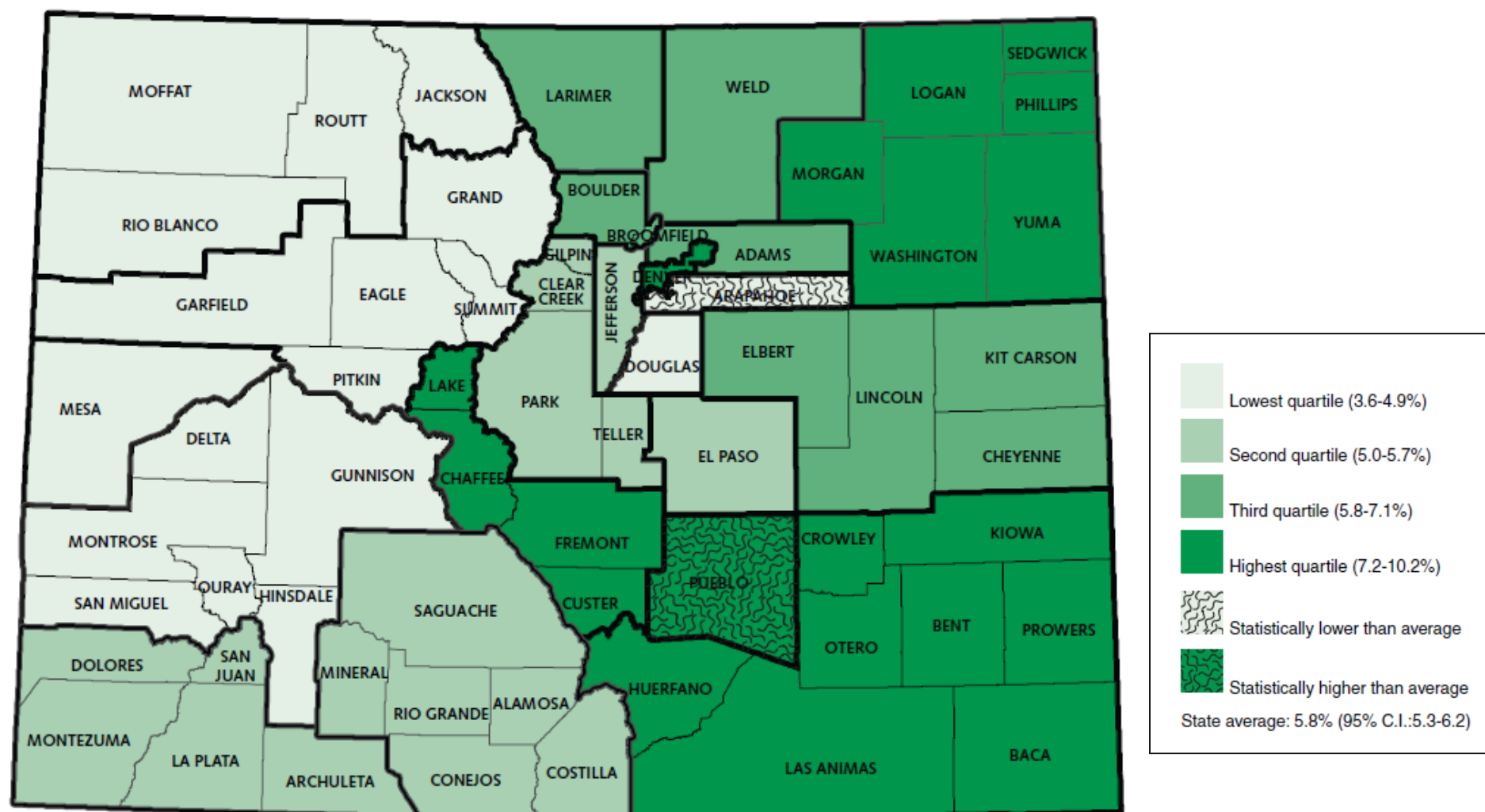
Data source: Colorado Behavioral Risk Factor Surveillance System.



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Cardiovascular Disease Disparities by Region

Age-adjusted cardiovascular disease prevalence by region, Colorado, 2013.



Data source: Colorado Behavioral Risk Factor Surveillance System.

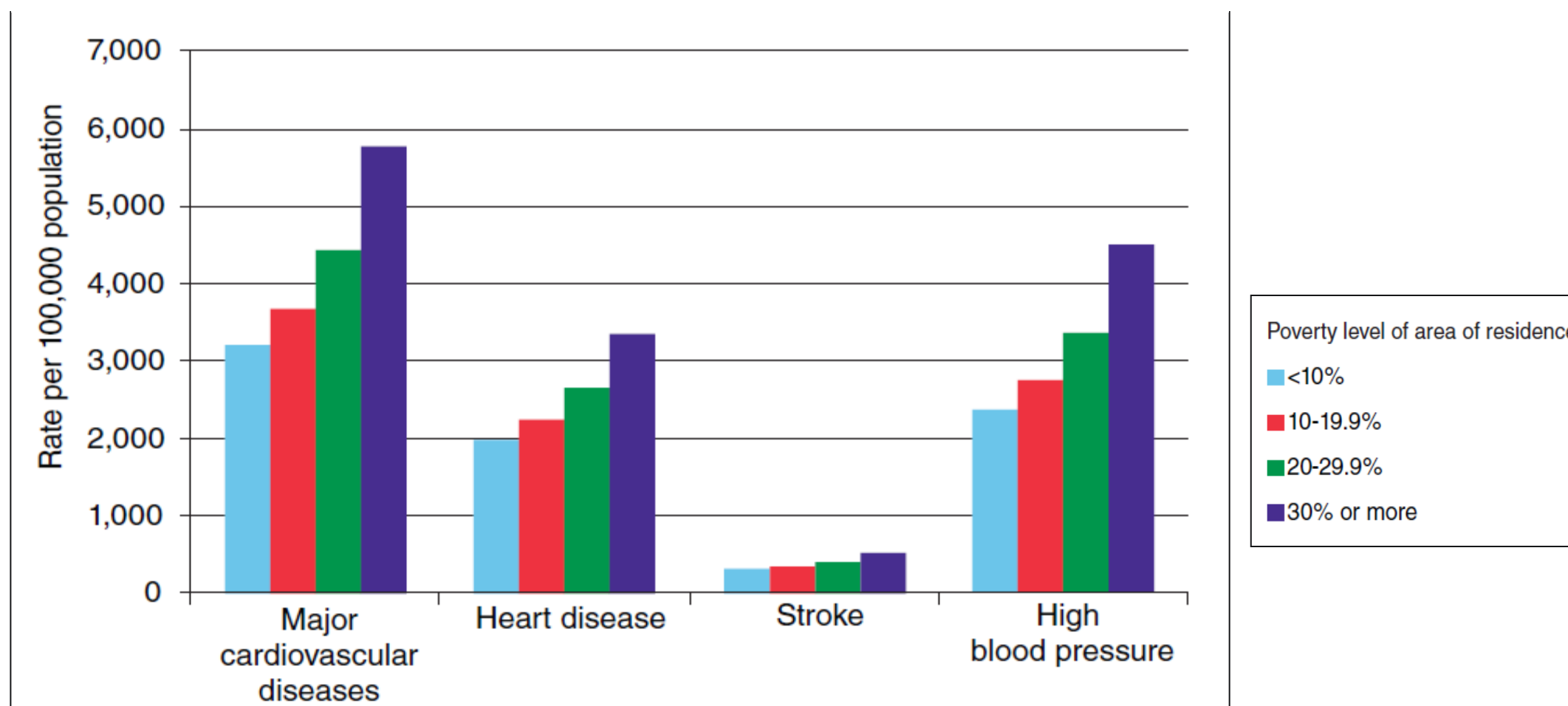
The age-adjusted prevalence of cardiovascular disease varied by region, across Colorado in 2013.



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Disparities in Cardiovascular Disease Hospitalizations

Age-adjusted hospital discharge rates per 100,000 population by poverty level of area of residence, Colorado residents, 2008-2012.



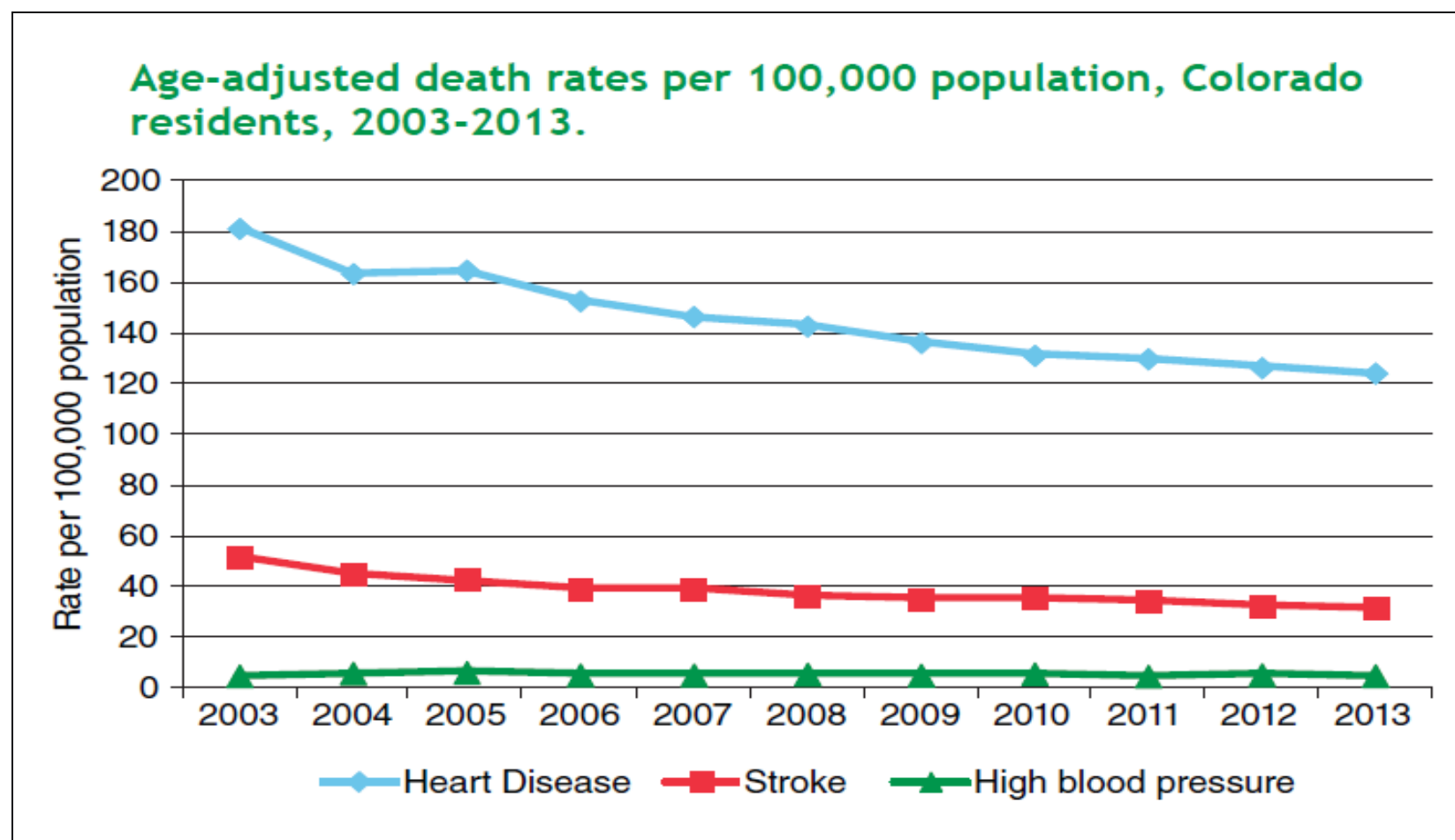
Data source: Colorado hospital discharge data

Hospital discharge rates for major cardiovascular diseases increased significantly with each level of increase in poverty of area of residence.



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Trends in Mortality



Data source: Vital Statistics, Colorado Department of Public Health and Environment.
ICD-10 codes: heart disease I00-I09, I11, I13, I20-I51; stroke I60-I69; high blood pressure I10, I12.

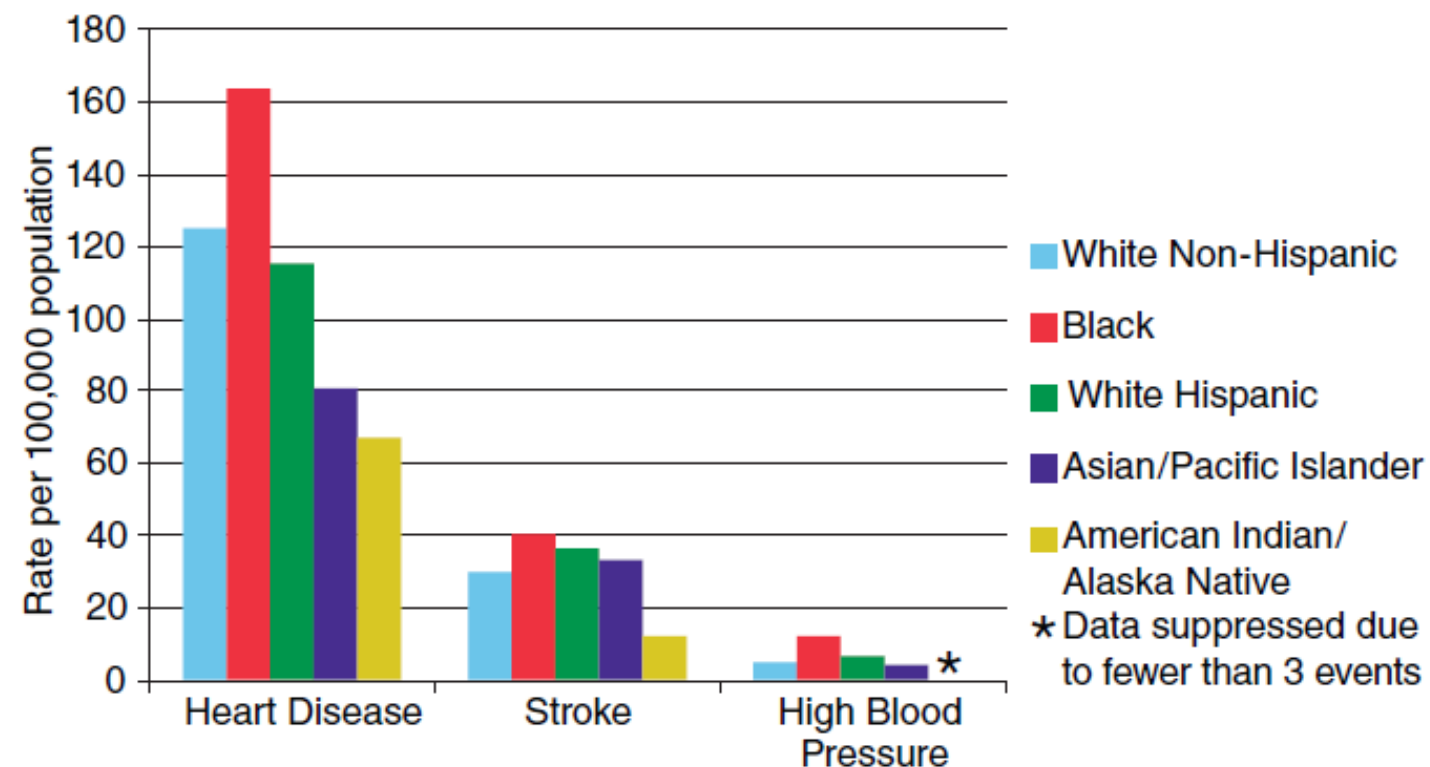
Over the last decade death rates from heart disease and stroke decreased while deaths attributable to high blood pressure remained unchanged. Even still, when combined, heart disease and stroke were the leading causes of death in Colorado in 2013, accounting for 24% of all deaths.



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Racial/Ethnic Disparities in Mortality

Age-adjusted death rates per 100,000 population by race/ethnicity, Colorado residents, 2013.



Data source: Vital Statistics, Colorado Department of Public Health and Environment.
ICD-10 codes: heart disease I00-I09, I11, I13, I20-I51; stroke I60-I69; high blood pressure I10, I12.

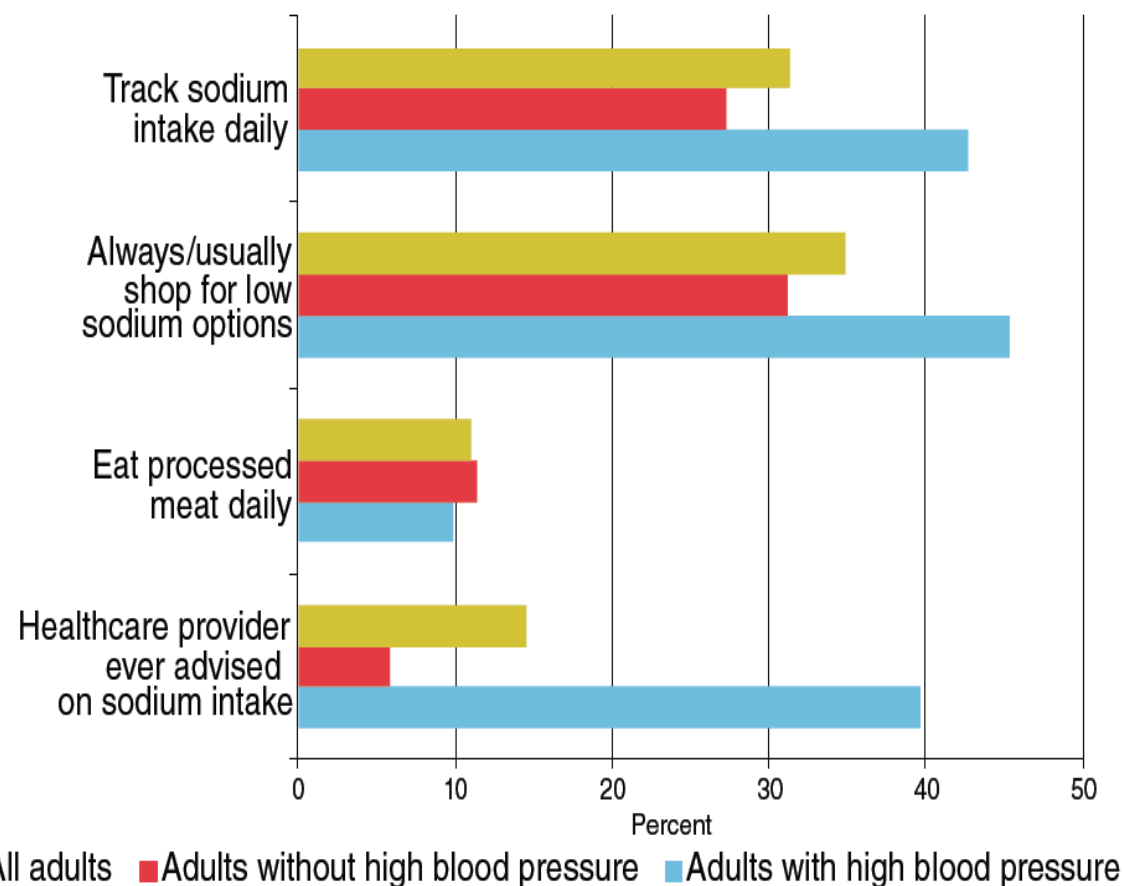
Black Coloradans experienced significantly higher death rates from heart disease and stroke compared to other racial and ethnic groups. Other observed differences between racial/ethnic groups were non-significant.



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Adult Sodium Consumption

Percent of adult Coloradans reporting sodium consumption-related behaviors and provider advice, 2011.



Data source: Behavioral Risk Factor Surveillance System.

- Eating too much sodium (salt) is strongly linked to the development of high blood pressure.

Among Colorado Adults:

- 31% track sodium intake daily.
- 35% always/usually shop for low sodium items when available.
- 15% said that a doctor or other health professional has ever advised them to reduce sodium intake.
- 11% said they eat processed meats at least once per day.



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